

**GET AHEAD  
OF SEPSIS**

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

# PROTECT YOUR PATIENTS FROM SEPSIS.

Infections put your patients at risk for sepsis. Be alert to the signs and, if suspected, act fast.

Sepsis is the body's extreme response to an infection. It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure, and death.

## SEPSIS STATS

More than  
**1.5 MILLION**  
people get sepsis  
each year in the U.S.

At least  
**250,000**  
Americans die from  
sepsis each year

About  
**1 IN 3 PATIENTS**  
who die in a hospital  
have sepsis

## WHAT CAUSES SEPSIS?

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus* (strep).

Four types of infections that are often linked with sepsis:



Lungs  
(e.g., pneumonia)



Urinary tract  
(e.g., kidney)



Skin



Gut

Anyone can get an infection, and almost any infection can lead to sepsis. Certain patients are at increased risk for developing sepsis:

**65+**

Adults 65  
or older



People with chronic  
medical conditions,  
such as diabetes, lung  
disease, cancer, and  
kidney disease



People with  
weakened  
immune  
systems

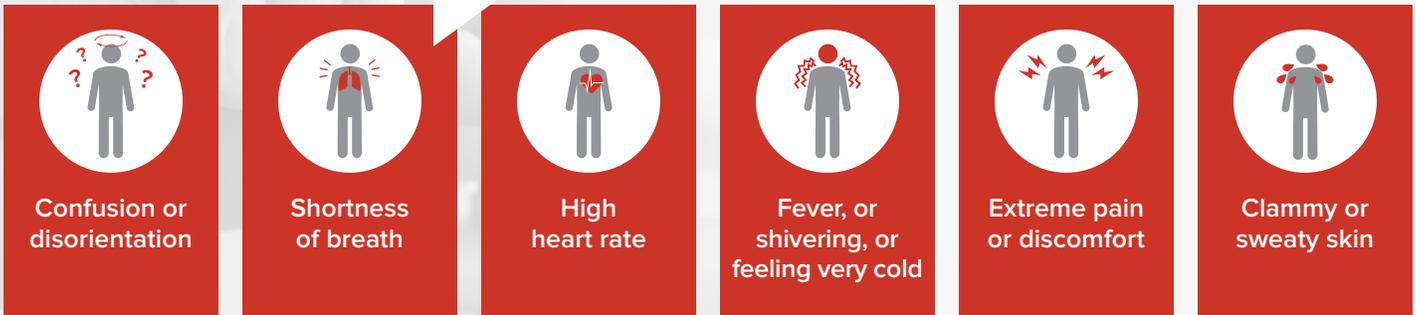


Children  
younger  
than one

## WHO IS AT RISK?

# SEPSIS SIGNS

There is no single symptom of sepsis. Signs of sepsis can include a combination of any of the following:



## HOW CAN I GET AHEAD OF SEPSIS?

Healthcare professionals can:

- **Know sepsis signs** to identify and treat patients early.
- **Act fast** if you suspect sepsis.
- **Prevent infections** by following infection control practices (e.g., hand hygiene, catheter removal) and ensuring patients receive recommended vaccines.
- **Educate your patients and their families about:**
  - Preventing infections.
  - Keeping scrapes and wounds clean.
  - Managing chronic conditions.
  - Recognizing early signs of worsening infection and sepsis and seeking immediate care if signs are present.

**Sepsis is a medical emergency.** Protect your patients by acting fast. Delayed recognition and treatment of sepsis increases your patients' risk of death.

## WHAT SHOULD I DO IF I SUSPECT SEPSIS?

- **Immediately alert clinician in charge if it is not you.**
- **Know your facility's existing guidance for diagnosing and managing sepsis.**
- **Start antibiotics as soon as possible, in addition to other therapies appropriate for that individual patient.**
- **Check patient progress frequently.** Reassess antibiotic therapy 24-48 hours to stop or change therapy as needed. Be sure antibiotic type, dose, and duration are correct.

Learn more about sepsis and how to prevent infections:  
[www.cdc.gov/sepsis](http://www.cdc.gov/sepsis).

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